



Consumer Highlights

SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

Contents:		Volume 1, Issue 6	August 2003
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Make Healthy Eating A Habit	1	<p>The perennial best-selling book by Stephen Covey is titled "The Seven Habits of Highly Effective People"—NOT "The Seven OCCASIONAL BEHAVIORS of Highly Effective People."</p> <p>Habit has been defined as "something which you do often and regularly, sometimes without knowing that you are doing it." <dictionary.cambridge.org>.</p> <p>The philosopher Aristotle (384-22 BC) said "We are what we repeatedly do. Excellence, then, is not an act, but a habit."</p>	<p>Congressman and Olympic medallist Jim Ryan puts it this way: "Motivation is what gets you started. Habit is what keeps you going."</p> <p>"By determining when, where and how a behavior will occur, we no longer have to think much about getting it done," according to best-selling authors Jim Loehr and Tony Schwartz in "The Power of Full Engagement." Loehr and Schwartz give several examples where people who made a specific plan followed through, unlike those who failed to plan.</p>
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Many of us know what foods we **SHOULD** eat, but haven't formed a habit of eating them. Here are seven possible healthy eating habits and some tips to help you develop them.

1. Divide & Conquer – Whenever possible, make it a practice to divide a large portion at a restaurant in half **BEFORE** you start eating. You'll have **BOTH** the calories and the cost of your meal!

2. Keep Track To Stay on Track – A bite here, a taste there and the calories mount. To stay on track, keep track of those tiny tastes. A simple way to do this is with a gold stroke counter. You can purchase one in sports stores and golf shops for under \$5.00.

Attach it to your belt or put it in your pocket and keep count of each time you eat something between your planned meals and snacks. Continue to keep count daily until you've formed new habits and brought your "score" to a level you consider "par."

3. Think 7's When Grocery-Shopping – If you run short on food by the end of the week and making a complete grocery list just isn't for you, think in 7's. For example, if you need meats for 7 meals, write "7 meats." If you need 3 fruits a day for snacks and meals, write "21 fruits." Then pick up what appeals to you when at the store.

4. Develop A "Can-Do" Cupboard Plan – There's a limit to how long you can keep fresh foods and to how much space you have for frozen foods. Assure you always have nutritious foods on hand by starting the habit of keeping your cupboard stocked with some canned foods.

5. The 100-calorie Snack Attack Plan – "...often for snacks, people only need 100 calories to help control hunger. Only they're reaching for a candy bar or a bag of chips that in a small

amount may be giving them more calories than they need. And it's not in a very big portion so it's not very satisfying," according to Dr. Barbara Rolls, author of "The Volumetrics Weight-Control Plan: Feel Full on Fewer Calories."

Fight back when you have a snack attack with some of these snacks that offer about 100 calories.

- 2 to 3 cups of popcorn (check label)
- 1 apple
- 1 orange
- ½ ounce of nuts
- 1 banana
- 1 (8 oz.) glass skim or 1% milk
- 6 to 8 oz. fat free yogurt, artificially sweetened
- 1 hard-cooked egg
- Small bowl of cereal with ¼ to ½ cup skim or 1% milk (check label for cereal portion size)
- 1 pear
- 1 piece string cheese
- 1 piece whole-wheat toast spread with 1 teaspoon spreadable fruit
- ½ to 1 cup fruit canned in light or extra light syrup or its own juice (check label)
- 1 bunch grapes
- 2 whole cups strawberries for 100 calories!
- 1 tube of yogurt
- Small bowl of broth or tomato-based soup (check label)
- 1 ounce soy nuts (check label)

6. Use Your Feet More So You Can Eat More – The more you exercise, the more you can eat. And the easier it is to meet your nutrient needs when your diet is less limited.

Build in opportunities to walk more. Buy a pedometer and track your steps – try to build up to 10,000 or more a day.



7. Stressed Is "Desserts" Spelled Backwards

Rather than "medicate" yourself with food when the day is hectic, try this idea by Thich Nhat Hanh, a Vietnamese monk and internationally acclaimed author. He suggests we use the ringing of the phone as a reminder to relax. He advises we stop whatever we're doing for a few seconds and take a deep relaxing breath during the ring or two. And smile.

You'll feel better and, with the smile reflected in your voice, you may make the caller feel better, too! And that also may improve your mood.

Start Your Plan

Remember, the more specific you are about when, where and how you'll start healthy new eating habits, and the more you repeat them, the greater your success. As well-known author and speaker Ralph Waldo Emerson said, "The secret of your future is hidden in your daily routine."



Be Careful Of Skin Cancer In Hot Summer Months

In the South there are more cases of skin cancer than all other cancers combined. According to current estimates, 40 to 50% of Americans who live to age 65 will have skin cancer at least once. Fortunately, the most common types of skin cancer are easily treated if found early.

Basal cell and squamous cell are the most common forms of skin cancer. Melanoma is less common but is much more serious. It accounts for 2/4 of all skin cancer deaths.

Exposure to the sun over time increases the risk of skin cancer, so people who work outdoors have a greater risk as do fair-skinned people who sunburn easily.

It's a good idea to check your skin monthly. Be aware of where your moles are and how they look. Look for signs of change in a mole. Note whether you have any new moles. Ask your doctor to check any moles or spots which have changed or which you are concerned about.

Protection from the sun is important. Choose a sunscreen with SPF 15 or higher and wear it

anytime you are outside - even on cloudy days. Apply sunscreen 20-30 minutes before going out in the sun and reapply after swimming or perspiring heavily. Hats with wide brims help protect the ears and nose. Lightweight cotton long-sleeved shirts also protect the skin from the damaging ultraviolet rays of the sun. Be especially careful to cover up when you're working outside in the heat of the day.

REMEMBER THESE SUN BASICS:

Slip! On a Shirt - Protect your skin with clothing.

Slop! On Sunscreen - Use a sunscreen with a sun protection factor (SPF) of 15 or higher.

Slap! On a Hat - Wear a hat with a wide brim. Your ears, neck and face get a lot of sun.

Slip! On Sunglasses that block 99 to 100 percent of UV radiation.



Money Management TIPS for Families: What To Do About Savings

This month it's time to look at your spending versus your savings. Are you among the Floridians who are going broke on the highest income of your life? For most families savings have been declining over the past 10 years.

Are you satisfied with the amount you save? Perhaps you need to think about improving your spending and saving habits.

Take this short quiz below to see how well you are doing.

DO YOU:	YES	NO
·pay finance charges only for the home mortgage?	_____	_____
·know how all of your money is used?	_____	_____
·have a spending plan you are actively adjusting?	_____	_____
·spend no more than the amount you planned?	_____	_____
·have a plan for savings, and are you saving that amount?	_____	_____
·feel financially secure for the future?	_____	_____

Your "NO" answers tell you where you need to do some work.

How to Spend Less and Save More

After achieving the basic necessities, the money you earn helps you attain the comforts of life. Changing money into the comforts of life may be done in the present or future. You and the members of your household make the decision on how much you spend, save and share. When these decisions are added together they determine the quality of life you enjoy or endure. You have already put together a spending plan in Lesson 4.

Now it is time to put together a savings plan, which is based on your financial situation and your goals. Basically your income is distributed in three ways -- to pay debts, to provide present needs and to provide for the future. The key to financial success is to live within your income and to save for future financial security. When prices are rising very rapidly, this may be a little tricky. You have two problems: the first is having enough left over to save. The second is to retain the value of the money you have saved.

Next month's newsletter will begin to attack the second problem. The following practices may help you to tackle the first problem.

- **Set up a regular savings program and pay yourself first.** Determine the amount of savings your family needs for emergencies (approximately 2-6 month's income is recommended), for big-ticket purchases in the future and for retirement living. Decide how much can be put into savings and save this amount regularly.

- **Carefully evaluate spending decisions.** Separate real needs and wants from the luxuries of life. Eliminate spending for items offering little or no value. Trim your lifestyle to fit your income and savings needs. Before buying, consider other ways you might use the money; then use it for the greatest return.
- **Shop smarter to get the best buys.** Compare prices. Bargain for discounts when paying cash for big-ticket items. Be alert and take advantage of reduced sale prices on worthwhile items.
- **Switch to less expensive goods and do-it-yourself services.** Investigate private brand products for quality and price advantages. Buy classic styles and standard model goods. Consider "seconds" or "used" goods, if suitable. Consider items that require low maintenance.
- **Avoid the use of credit when possible.** When you buy on credit, you increase the cost of goods and services and make a claim on future income.

FAMILY ACTIVITY: Draw up a Profile of Family Spending and Savings for the last 3 months.

1. Using your records of spending, determine and record the following information:

	Dollars	Dollars	Dollars Spent Carelessly or Used	Total Dollars
MONTH	Spent	Saved	for Impulse Buying	Saved
August	\$	\$	\$	\$
July	\$	\$	\$	\$
June	\$	\$	\$	\$
TOTAL	\$	\$	\$	\$

2. Get family members to decide what new spending and saving practices they will use. List these and post the list as a reminder to everyone.

Next month's Tip - Where to Put Your Savings



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Gardener's Corner

Hot wet weather continues and gardeners should not be discouraged. We appear to be having a normal summer after 4 years of drought. Weather records show that during 1999, 2000 and 2001 we only received about 53 inches of rain annually. Weather records show a 54 year average of 67 inches.

There are many gardening jobs that can be done during the summer, but care should be taken to protect against dehydration and overdoing physically. Plan to do most work during the cooler time of the day.

August Tips

- Continue removing old flowers from annuals and perennials to promote repeated blooming. Control weeds and lightly fertilize beds to keep plants vigorous.
- Vegetable Gardening: There is time for a last planting of these warm season crops – green beans, lima beans, sweet corn, cucumbers, southern peas, peppers, pumpkin and tomatoes. Start seeds of these cool season crops: broccoli, cauliflower, collards, bunching or multiplying onions and turnips.
- Monitor pest levels in the home lawn by checking weekly. Watch for chinch bugs, gray leaf spot and brown patch in St. Augustine lawns and mole cricket damage in all kinds of lawns. Sod webworm outbreaks are also common at this time of year, especially on St. Augustine in the southern portion of the County.
- Apply organic materials to the compost pile. This is the time of year that composting is most rapid. High temperatures, humidity and frequent rainfall make for ideal conditions.

- Monitor rainfall amounts by using a rain gauge. Though rains seem frequent, fast moving showers are not always as heavy as they appear. Supplemental irrigation might be needed at times, even during this normally wet season.

New Extension Agent Hired

Theresa Friday, our horticultural technician, will soon be an Extension Agent! The County Commissioners voted last month, allowing her to be upgraded to a Extension Horticulture Agent.

Though hiring in this way is unusual in our area, this method of increasing faculty has been used for several years in the more highly populated counties downstate.

Due to our rapid increase in population and increased interest in commercial horticulture, the commissioners recognized the need for a second horticulture agent.

A job description is being written that satisfies both the County and the University of Florida. My job description will also change. I expect to be delivering more educational programs to commercial clientele including nurseries, vegetable producers and landscape contractors.

Theresa will be in charge of the urban horticulture program. This includes the Master Gardener volunteer program and home gardening education for the general public. She has excellent skills in the laboratory and will continue to be involved with plant problem diagnoses.

Don't expect me to fade into the sunset. I will continue to be based at the Milton Extension office, but will be doing more work in the field than in the past.

Dan Mullins
Horticulture Agent

RECIPES

VEGETABLE STEW

- 3 c. water
- 1 cube vegetable bouillon, low sodium
- 2 c. white potatoes, cut in 2-inch strips
- 2 c. carrots, sliced
- 4 c. summer squash, cut in 1-inch squares
- 1 c. summer squash, cut in 4 chunks
- 1 15-oz. can sweet corn, rinsed and drained
(or 2 ears fresh corn, 1½ cups)
- 1 tsp. thyme
- 2 cloves garlic, minced
- 1 stalk scallion, chopped
- ½ small hot pepper, chopped
- 1 c. onion, coarsely chopped
- 1 c. tomatoes, diced

(Add other favorite vegetables such as broccoli, cauliflower, etc.)

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and purée in blender.
5. Return puréed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.

Makes 8 servings

Serving size: 1¼ cups
 Calories 119
 Fat 1 g
 Saturated fat less than 1 g
 Cholesterol 0 mg
 Sodium 196 mg



SPICY SOUTHERN BARBECUED CHICKEN

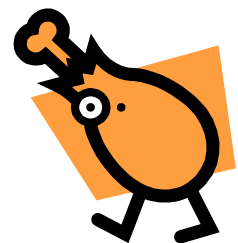
- 5 Tbsps. tomato paste (3 ozs)
- 1 tsp. ketchup
- 2 tsps. honey
- 1 tsp. molasses
- 1 tsp. Worcestershire sauce
- 4 tsps. vinegar, white
- ¾ tsp. cayenne pepper
- ⅛ tsp. black pepper
- ¼ tsp. onion powder
- 2 cloves garlic, minced
- ⅛ tsp. ginger, grated
- 1½ lbs. chicken, skinless (breasts, drumsticks)

1. Combine all ingredients except chicken in a saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry.
4. Place chicken on a large platter.
5. Brush chicken with ½ of sauce mixture.
6. Cover with plastic wrap and marinate in refrigerator for 1 hour.
7. Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
8. Turn oven down to 350° F, and add the remaining sauce to the chicken.
9. Cover the chicken with aluminum foil and continue baking for 30 minutes.

Makes 6 servings

Serving size: ½ breast or 2 small drumsticks

Calories 176
 Fat 4 g
 Saturated fat less than 1 g
 Cholesterol 81 mg
 Sodium 199 mg



The use of trade name in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.
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LKB:etc